



Jefferson **COMMUNITY CENTER**

SPRING 2006



3801 Beacon Ave. S, Seattle, WA 98108 206-684-7481 Fax: 206-684-7483
Visit us on the web: www.seattle.gov/parks

Jefferson Community Center

3801 Beacon Avenue South
Seattle, WA 98108
Phone: 206-684-7481 Fax 206-684-7483
Visit us online at www.seattle.gov/parks !

Hours of operation

Monday, Wednesday, and Friday 1 to 9 p.m.
Tuesday and Thursday 10 a.m. to 9 p.m.
Saturday (until May 20) 10 a.m. to 5 p.m.
Saturday (closed May 27-Sep 9) Closed
Sunday Closed

Program Registration

Begins Monday, March 13, 2006

Program Dates

March 27 – June 18, 2006, 2006
(unless otherwise noted)

Holiday closures

Monday, May 29, Memorial Day

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

E-Brochures are Available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Parks and Recreation Administrative Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation
Operations Director
Robert Stowers, Central Recreation Manager

Jefferson Community Center Staff

Randy Smith, Recreation Center Coordinator
Mary Pat Byington, Asst. Recreation Coordinator
Staci Williams, Asst. Recreation Ctr. Coordinator
Jill Jacoby, Teen Development Leader
Jean Lee, Recreation Leader
Darryl Yee, Recreation Attendant
Darin Olsen, Recreation Attendant
Angela Lee, Kiddie Kampus Director
Michael Duncan, Facility Maintenance Laborer
Angela Smith, Senior Adult Programs

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

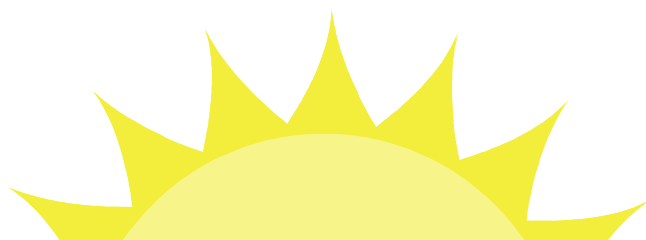
Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

General Information

Due to a new administration fee of 12%, most class prices have been raised by 12% for the 2006 Spring Quarter. If you have any questions or comments, please contact the center coordinator.



Special Events

Teen Flashlight Egg Hunt

Bring your own flashlight and hunt for the winning prize eggs. Prizes may include gift certificates, candy, and games, . Dress for the weather. Come rain or shine

Instructor: Jill Jacoby

Location: Jefferson CC

Fri, Apr 14, 8 p.m.

Ages: 11-17

Cost: 2 cans of food



Spring Egg Hunt

Bring a basket or a bag to gather up all of the goodies found at our Spring Egg Hunt for children 10 and under. Come rain or shine!

Age: 10 and under

Sat, Apr 15

10 – 11 a.m.

Fees: 2 cans of food

Location: Maplewood Playfield, 4925 Corson Ave S.

Beacon Hill Festival

Bring your family and friends to celebrate this 11 annual community event. Enjoy reasonably priced food from Kusina Filipina, as well as treats from the Delite Bakery, Mimi's Bakery, entertainment from the famous jazz artist Micheal Powers along with Kimball Ukulele Players, Beacon Hill Unicycle Team, Dearborn Park S.C.A.T.S.team, the nationally recognized Jefferson Break Dancers, and more. Other attractions include a raffle, carnival games with an air jump Hole-in-One contest, face painting, along with crafts and information booths.



Sat, Jun 3

11 a.m. – 4 p.m.

Toddlers/Preschoolers

Play & Learn Playgroup

This class is free with admission to the Toddler Drop-in Program.

歡樂・學習・啓蒙 —— 仁人服務社・

Jefferson 社區中心及 Child Play Network 合辦的學前幼兒樂園邀您同樂。根據研究報告結果顯示，學齡前幼兒的啓蒙教育將有助於孩童的智力發育及將來入學後的學習發展。而幼兒遊戲的過程亦是啓蒙學習的重要環節。在幼兒樂園裡，孩子們可透過玩遊戲、英文兒歌教唱、讀故事書、做簡易手工及玩各類玩具等不同的活動方式，達到啓蒙的目的並協助幼兒們提前適應將來入學的環境，且更可幫助幼兒學習到如何與別人分享及相處的經驗。而幼兒的照顧者更可藉此機會與社區內其他幼兒照顧者交換資訊及經驗並拓展人際關係。活動將用中英語進行，適合兩歲至五歲的小孩及小孩家長參與。

日期：二零零六年一月三日開始

時間：逢星期二，上午十時半至中午十二時

地點：室內操場的大堂

收費：每次收\$1 室內操場費用

Play & Learn is a project by Chinese Information & Service Center, Jefferson Community Center, and Play & Learn Network to provide a preschool education for 2-5 year old children and their parents or caregivers. Preschool education enables children to gain important skills that will help them in school and life, while having fun with their caregivers. We will have a "circle time", during which the children and caregivers listen to stories, learn songs, and do simple arts and crafts. There is also a play time for children to explore various toys and play activities. The entire program will be run in both English and Chinese.

Instructor: Chinese Information and Service Center

Age: 5 & under

Tuesdays 10:30 a.m. – Noon Jan 3 – Mar 28

Fees: Free with paid admission to Toddler

Drop – in Program.

Location: Gym Lobby

Toddlers/Preschoolers

Kiddie Kampus Preschool

This popular school-year program is a valuable growing experience and an excellent preparation course for kindergarten. Emphases are on social, academic, and motor coordination skills. Your child must be toilet trained and 3 years old by August 31, 2006. Please call for more registration information: 206-684-7481.

Current students have priority enrollment. Call to see if there are any space available for new students. A copy of your child's birth certificate is needed at time of registration.

Location: Multi-Purpose Room

3 & 4 Year Olds \$290

Tue/Thu 3/21 – 6/8 9 – 11:45 a.m.

Tue/Thu 3/21 – 6/8 12:15 – 3 p.m.

3 & 4 Year Olds \$435

MWF 3/27 – 6/9 9 – 11:45 a.m.

4 & 5 Year Olds \$435

MWF 3/27 – 6/16 9 – 11:45 a.m.

MWF 3/27 – 6/16 12:15 – 3 p.m.

Fall (2006 - 2007 School Year) Registration:

Your child must be toilet trained and 3 years old by August 31, 2006. Students currently enrolled in Spring 2006 will have priority to enroll for the 2006-2007 school year. Returning students must Pre-register by May 12, 2006. Open Registration for new students will begin on May 15, 2006 at 1 p.m. A copy of your child's birth certificate is needed at time of registration.

No classes: Apr 10 – 14, and Monday, May 29th

Toddler Play Group \$1 Drop-In

It's fun time every Tuesday at Jefferson Community Center's new gym. The drop-in toddler play group will enjoy a variety of play equipment, toys, and more. Don't miss your opportunity to help your child develop those important social skills in this supportive and parent-supervised environment.

Parent supervision is required. Please use the game room area to eat your snacks.

Age: 5 & under

Tue/Thu 10 a.m. – 2 p.m. Apr 4 – Jun 22

Location: Gym

School-Age Child Care

After School - April, May, June

For elementary-school-age youth: supervised recreational activities, arts and crafts, snack, and help with homework. Scholarships may be available on a limited basis for those qualified who enroll for after school. We also accept DSHS subsidies.

Seattle Parks and Recreation has implemented a city-wide standardized fee system that began in Fall 2004.

Explanation of Fees – The standard monthly After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). Break camps and summer camps cost more.

Location: Hasselberg Hall

After School - 5 day \$230, After School - 5 day (2nd Child Discount) \$220

#6432 Mon – Fri 4/3 – 4/28 3 – 6 p.m.

#6434 Mon – Fri 5/1 – 5/31 3 – 6 p.m.

#6396 Mon – Fri 6/1 – 6/21 3 – 6 p.m.

Spring Break \$135/per week

Enjoy a week full of fun and exciting activities while on break. Your child will have the chance to learn about nature, crafts, and money matters through our new club style curriculum. Activities may include swimming, visiting the Pacific Science Center, and enjoying cooking, arts and crafts, organized games, fieldtrips and much more.

Instructor: Ian Bell

Age: Grades K to 5

#6417 Mon – Fri Apr 10–14 7 a.m. – 6 p.m.

Location: Hasselberg Hall

Summer Day Camp

Summer Daycamp Registration begins Tuesday April 4 starting at 10 a.m.

We have 40% – 90% city scholarships available.

To register your child in day camp or teen camp, a weekly \$25 nonrefundable and nontransferable deposit is required. Activities will include arts and crafts, games, sports, environmental activities, and field trips. Participants must be entering first grade in September 2006.

Ages: Day Camp 5-10 years old \$135 per week

Week of July 3 = \$108.00

Youth Programs

Summer Day Camp – 10 Weeks

Join us for 10 weeks of FUN! Jefferson is offering 10 weeks of day camp from ages 5 -10. Kids must be entering 1st Grade in September 2006. A \$25 deposit is required for each week you want your child to attend.

Location: Hasselberg Hall

Week 1 – Going into the Wild – #6686

Mon – Fri 6/26 – 6/30 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 2 – Summer Cookout – #6687

M/W/Th/F 7/3 – 7/7 7 a.m. – 6 p.m.

Day Camp - Short Week \$108, Multi-Child \$104

Week 3 – Trains, Planes & Autos – #6688

Mon – Fri 7/10 – 7/14 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 4 – The Jefferson Lounge – #6688

Mon – Fri 7/17 – 7/21 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 5 – The Arts – #6690

Mon – Fri 7/24 – 7/28 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 6 – Drama Week – #6691

Mon – Fri 7/31 – 8/4 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 7 – Jefferson Ice Age – #6692

Mon – Fri 8/8 – 8/14 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 8 – Out in the Sun – #6693

Mon – Fri 8/14 – 8/18 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 9 – Film School – #6694

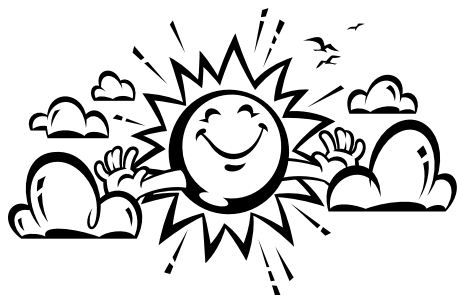
Mon – Fri 8/21 – 8/25 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130

Week 10 – Week of Champions – #6695

Mon – Fri 8/28 – 9/1 7 a.m. – 6 p.m.

Day Camp - Full Week \$135, Multi-Child \$130



Performing Arts & Dance

★New★ Ballet

\$60

Learn beginning ballet technique and the art of performing in this fun class! Bar work and center floor work combine to create a performance piece for the last day of class. Wear a black leotard, pink tights, pink ballet slippers and have hair up

Ages: 5 – 12

Location: Multi-Purpose Room

Instructor: Mary Diederichs

Ballet I

#6933 Wed 4/12–5/31 4:30–5:30 p.m.

Ballet II

#6934 Wed 4/12–5/31 5:45–6:45 p.m.

★New★ Creative Movement **\$55**

For all of the little dancers in the house. A fun dance-based class that teaches focus, coordination, balance, grace, and skill. We practice simple movements (hopping, skipping, etc.) and basic ballet positions.

Ages: 4 – 5

#6935 Wed 4/12–5/31 3:30 – 4:15 p.m.

Location: Hasselberg Hall

Instructor: Mary Diederichs

Martial Arts

Yoshido Goju Ryu Karate for Youth

\$51

Come and learn a unique Martial Art that builds self-confidence, speed, and coordination. Your child will have fun and develop a positive attitude. Uniforms are purchased through the instructor.

Ages: 6 and older

6:30 – 8 p.m.

Session I

#7184 Tue/Thu 4/4–4/27

Session II

#7189 Tue/Thu 5/2–5/25

Session III

#7292 Tue/Thu 6/6 – 6/29

Fee: \$51/session

Location: Multi-Purpose Room

Instructor: Florentino Francisco



3801 Beacon Ave S

(206) 684-7481

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Youth Programs

Athletics

Indoor Soccer 5-6

\$20

Come join the fun and learn the basic skills to this great sport. Kick, pass and shoot for a GOAL!

Location: Gym

Fri

4/7 - 6/9

5 - 6 p.m.



Indoor Soccer 7-9

\$20

Fri

4/7 - 6/9

6 - 7 p.m.

Instructor: Staff

Track & Field

\$35

Come show off your running, throwing, and jumping skills. Compete against other community centers in the city. We run the 50/100/200/400/1500 meters and the relay races. We also do the long jump, ball throw and the shot put. Practices are held at the Franklin High School track. Meets are held at the West Seattle Stadium. Volunteer Coaches are needed! Please contact the staff if you are interested in coaching.

Ages: 5-12

Location: Outdoor Space

Mon-Wed

4/3 - 5/31

6 - 7:30 p.m.



Teen Programs

Teen Night

Show your b-boy/b-girl skills at Jefferson Community Center. Come to dance or watch some of Seattle's best break dancers practice. We

provide music, space, and **free food**.

Instructor: Art Bustillos

Mon, Fri 7 - 9:45 p.m. Apr 3 - Jun 30



3 on 3 Basketball Tourney

Get your team together for a 3 on 3 basketball tourneys in April and June. Dates & Times: TBA

Teen Advisory Council

The Teen Advisory Council at Jefferson Community Center gives teen an active voice in plan, organize special events, fundraise, and learn teamwork.

Instructor: Jill Jacoby

Age: 14 to 18

Wednesdays 4 - 5 p.m. Apr 5 - Jun 28

Teen Employment Program **FREE**

Are you a teen looking to get a job this summer? The students identify the strengths and unique potentials of their interpersonal skills. They examine how their interpersonal skills can be applied in the workplace, and practice their skills in a variety of activities, including mock job interview.

Instructor: Jill Jacoby and Junior Achievement

Age: 14 to 18

Tuesdays 4 - 5 p.m. Apr 18 - Jun 27

★New★ Teen Photography Workshop

Are you interested in learning how to develop your own pictures? It's time for you to join us in learning different techniques on taking pictures. This class is limited to 5 students due to the small studio.

Mon, May 8 - Jun 26



Teen Programs

Babysitting Training Class **\$38**

This course teaches 11-15 year olds how to handle emergencies, prevent accidents, and understand children's needs at different ages. Students learn the skills every parent wants in his or her babysitter. These skills include safety, basic child care, safe play, First Aid and critical emergency action skills. This class is 7 hours with an hour lunch.



This course teaches 11-15 year olds how to handle emergencies, prevent accidents, and understand children's needs at different ages. Students learn the skills every parent wants in his or her babysitter including safety, basic child care, safe play, First Aid and critical emergency action skills.

Instructor: American Red Cross

Age: 11 to 15

Sat, May 6

10 a.m. – 5 p.m.

Location: Meeting Room

Teen Camp

Are you looking for a place for your 11-14 year olds to hang out this summer?? Instead of staying home all summer, the pre-teens will make new friends and participates in daily fieldtrips throughout the entire summer. Some of the field trips this summer are:

Hiking, Northwest Trek, Henry Moses Aquatic Center, Wild Waves, kayaking, bowling, biking, fishing, rock climbing, movies, Point Defiance Zoo & Aquarium, swimming, Family Fun Center and a ropes challenge course.



Besides daily fieldtrips there will also be indoor/outdoor games, team building activities, cooking, arts & crafts, and BBQs. Summer Sack Lunch program will be available. A non-refundable \$25 deposit is required to reserve space each week.

Field trips are subject to change due to enrollment/weather/transportation.

DSHS clients are required to attend youth summer daycamp (see page #5).

Location: Multi-Purpose Room

Instructor: Angela Lee

Week #1

Mon – Fri 6/26 – 6/30 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #2

M/W/TH/F 7/3 – 7/7 9 a.m. – 5 p.m.

Teen Camp - Short Week \$108, 2nd Child \$104

Week #3

Mon – Fri 7/10 – 7/14 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #4

Mon – Fri 7/17 – 7/21 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #5

Mon – Fri 7/24 – 7/28 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #6

Mon – Fri 7/31 – 8/4 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #7

Mon – Fri 8/7 – 8/11 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #8

Mon – Fri 8/14 – 8/18 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #9

Mon – Fri 8/21 – 8/25 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130

Week #10

Mon – Fri 8/28 – 9/1 9 a.m. – 5 p.m.

Teen Camp - Full Week \$135, 2nd Child \$130



Adult Programs

First Aid & CPR Classes

Come learn the basic skills of First Aid and CPR from the American Red Cross. **To register for the classes please call (206) 323-2345.** Each class is 4 hours long.

CPR

This course helps students recognize and care for breathing and cardiac emergencies in victims who are 8-years old and older. Upon completion participants will receive a one year certification in Adult CPR. The laminated Adult CPR skills card used during class is theirs to keep.

In this course, participants learn to:

- * Check an unconscious victim
- * Recognize an emergency and overcome the reluctance to act
- * Recognize and care for choking, breathing and cardiac emergencies in victims who are 8-years old and older.
- * Prevent heart disease
- * Use the EMS system/9-1-1

Age: 14 & Up

Sat, May 13 Noon – 4 p.m.

Fees: \$34.00

First Aid

This course helps students recognize and deal with emergencies/injuries and sudden illness. Upon completion participants will receive a three year certification for First Aid Basics. The laminated First Aid skills card and First Aid bandage kit used during class are included with price.

In this course, participants learn to:

- * Check an unconscious victim
- * Recognize an emergency and overcome the reluctance to act
- * Minimize the effects of shock
- * Treat sudden illnesses, including poisonings and heat and cold emergencies
- * Perform First aid for cuts, scrapes, bruises, burns, bleeding, and injuries to bones, joints, and muscles, such as sprains and strains
- * Use the EMS system/9-1-1

Sat, May 20 Noon – 4 p.m.

Fees: \$34.00

Community CPR Class

Do you want to learn how to save a person's life? Then come learn the techniques of basic CPR. This class is offered through the Seattle Fire Department's Medic Two Program. This class does not meet the requirements of WISHA. Please check with your employer if this class will meet your worksite requirements. **Please call Jefferson at 206-684-7481 to register.**

Location: Hasselberg Hall

#6902 Sat., May 6

10:30 a.m. – 1 p.m.

Activity Fee: Free

T.O.P.S. - Take Off Pounds Sensibly

Come join T.O.P.S. - Take Off Pounds Pounds Sensibly. This is a weight loss support group. We gather weekly for weigh-ins. We meet every Wednesday from 10 a.m. - 11 a.m. Everyone receives a T.O.P.S. magazine. Donations suggested.

Instructor: Volunteers

Age: 18 & Up

Wednesdays 10 – 11 a.m.

Apr 6 – Jun 29

Fees: Free

Location: Meeting Room

Arts and Dance

★New★ Adult Ballroom Dance \$70

Come learn to dance like the stars! Learn the techniques needed to take your partner around the dance floor. Learn the Cha-Cha, Rumba, and the Waltz.

Location: Hasselberg Hall

Instructor:

Mary Diederichs

#7198 Wed 4/12–5/31

7–8:30 p.m.



Adult Printmaking

\$112

An individualized class offering instruction to all levels of printmaking. Introduction to basic techniques used in intaglio printing. Bring a lunch.

Location: Art Room

Instructor: Wendy Thon

#6419 Tue 4/4 –6/6

10 a.m.–1 p.m.

Adult Programs

Fitness

Aerobics

Get in shape safely and seriously. This class incorporates several forms of exercise — including aerobics, core muscle development, circuit training, and Pilates — designed to strengthen your heart and lungs while improving muscle tone, shaping, sculpting, and flexibility.

Location: Hasselberg Hall

#6393 Mon/Wed 4/3 – 6/7 6 – 7 p.m.

Activity Fee: \$97

Kundalini Yoga **\$68**

Kundalini Yoga is a time-tested system for overcoming the aging effects of the environment and stress on the mind and body. This vigorous workout, with guided relaxation is designed to balance your nerves and glandular system. It will also strengthen digestion, circulation, and muscle tone.

Location: Multi-Purpose Room

#7165 Mon 4/3–6/12 6–7 p.m.

Yoshido Goju Ryu Karate for Adults **\$51**

Come and learn a unique Martial Art that builds self-confidence, speed, and coordination. You'll will have fun and develop a positive attitude. Uniforms are purchased through the instructor.

Location: Multi-Purpose Room

#7183 Tue/Thu 4/4–4/27 6:30–8 p.m.

#7190 Tue/Thu 5/2–5/23 6:30–8 p.m.

#7191 Tue/Thu 6/6–6/29 6:30–8 p.m.

Adult Drop-In Sports **\$2 Drop-In**

Beginning January 1, 2005, the City of Seattle will charge an Adult Sport Drop-in fee during all operating hours. The fee is \$2.00 per session for adults and \$1.00 per session for seniors. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.

Age: 18 and up

Basketball – Apr 3 – Jun 16

M/W/F 1 – 2:30 p.m.

M/W/F 6 – 8:45 p.m.

Jefferson Gym

Mercer MS

Badminton – Apr 3 – Jun 16

T/Th 6 – 8:45 p.m.

Jefferson Gym

Crafts

Jewelery Making Class **\$75**

Participants will be taught the basics of jewelry construction, which include design, layout, sawing, filing, sanding, drilling, brazing, forming, texture and color. Proper and safe handling of materials, tools and other materials used will be emphasized. Projects and special topics will determine much of the content after the basics are covered.

Supply fee is \$10 per person for consumables (solder, flux, saw blades). For an individual supply list, please ask at front.

Location: Lapidary Room

#6938 Tue–Fri 4/4 – 5/2 5:30–8:30 p.m.

#6939 Tue–Fri 5/9–6/6 5:30–8:30 p.m.

Pottery Studio

Whether you are interested in hand-building, sculpture, or throwing on the wheel, our well-equipped pottery studio can accommodate you. Fee includes glaze and firing. There is an \$8 clay fee. Due to limited space, students wishing to produce an oversized or large amount of work must have prior approval. An additional fee may be charged.

For all work done outside regular class time or between quarters, a **\$25 studio card** must be purchased each quarter. This card is available to all current students enrolled in a Jefferson C.C. advanced pottery class.

Adult Beginning Wheel/Intermediate Wheel **\$129**

This class is for adults who want to learn basic throwing techniques on the potter's wheel. Demonstration and practice in wheel work will be explored. Special hand building and decorative techniques may also be used in this class.

Location: Pottery Studio

#6322 Wed 4/5–6/7 5:30–8:30 p.m.

Adult Beginning/Intermediate Handbuilding **\$129**

Learn a variety of functional and sculptural forms in this hand-building class. There will be weekly demonstrations in slab and coil construction. Glaze decoration will also be covered, as well as surface enhancement using slips and glazes. Students will receive one-on-one instruction and guidance.

Location: Pottery Studio

#6332 Wed 4/5–6/7 5:30–8:30 p.m.

3801 Beacon Ave S

(206) 684-7481

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Senior Adults Classes and Special Events

Registration Information Classes/Special Events

Angela P. Smith, Recreation Specialist CTRS
206-684-7484

E-mail: angelap.smith@seattle.gov

Spring Quarter Dates:..... April 3 - June 16

No classes: Memorial Day, Monday, May 29

Class Registrations:..... Begin March 20 at 8 a.m.
by calling 206-684-7484

All Class Payments: Please make checks payable to:
Senior Adult Advisory Council ('SAAC').

Mail payments to: Senior Adult Programs,
Attn: Angela - SE, 8061 Densmore Ave N, Seattle, WA
98103-4436.

Southeast Sector Sites

Jefferson CC3801 Beacon Ave S

AEROBICS, FITNESS, AND DANCE

Senior Aerobics \$20 - 1 day/wk

Time to re-energize, put a spring in your step, and feel better.

Taught by Certified Instructors Jean Inouye and Jane Shearer

Mondays 8:30 - 9:30 a.m. Jefferson CC

Wednesdays 8:30 - 9:30 a.m. Jefferson CC

Tai Chi Chih: Joy Through Movement \$26/8 wks

These gentle movements reduce stress, energize the body and mind, and improve balance and strength.

Instructor: Linda Robinson

Wed: Apr 12 - May 31 10:30 - 11:30 a.m. Jefferson CC

Fitness for Life \$20 - 1 day/wk

1-hour session includes dyna-bands, stretching, use of weights, and more. Small weights available. Instructor: Angela P. Smith

Thursdays 8:30 - 9:30 a.m. Jefferson CC

P.A.C.E. (Arthritis Exercise) \$25 - 1 day/wk

PACE is an exercise program done primarily sitting in a chair.

Designed for, but not limited to, people with arthritis. This is a good class for people just beginning an exercise program. Instructor:

Angela P. Smith

Thursdays 10 - 11 a.m. Jefferson CC

Drop-In Pickleball \$2 drop-in (\$1 age 65+)

A terrific game. Fun and exercise in one great package!

Mondays 10 a.m. - Noon Jefferson CC

★New!★ Line Dancing \$20 - 1 day/wk

Get on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

Instructor: Jayla McGill

Fridays 8:30 - 9:30 a.m. Jefferson CC

Fridays 8:30 - 10 a.m. \$30 - 1½ hr Jefferson CC

SOUND STEPS WALKS AND CLASSES

Sound Steps Walks & Classes Free

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking. For questions and to register, call Sound Steps Coordinator Mari Becker at 206-684-4664.

COOKING

Community Guest \$7

Meet Barbara, one of our terrific cooks from the Senior Gathering. By request, she has been invited to share her favorite recipes.

Mon, Apr 17 10:30 a.m. - 12:30 p.m. Jefferson CC

Cajun and Creole \$7

Jamil is a well known chef who has been in the Seattle area for over 10 years. Specializing in Creole and Cajun dishes, he has opened many restaurants, caters parties, and is currently an instructor at the Blue Ribbon Culinary School.

Mon, May 22 10:30 a.m. - 12:30 p.m. Jefferson CC

ARTS AND CRAFTS

Drop-In Crafts Free

A great way to join your friends in a social atmosphere working on projects of your choice.

Thursdays Noon - 3 p.m. Jefferson CC

Lap-Quilting Free

Quilting that can be worked on anywhere. Students help each other.

Fridays 11 a.m. - 2 p.m. Jefferson CC

CARDS AND GAMES

Drop-in Bridge Free

It's in the cards you'll have a great time!

Wednesdays 9:30 a.m. - Noon Jefferson CC

WORKSHOPS AND SPEAKERS

Medicare Q & A Free

Untangle the confusion with the new Medicare advantage program. If you are 65 years and over, don't hesitate! Open enrollment ends May 15. Louis H. Drake, CWP will be present to assist you.

Thu, Apr 6 11 a.m. - Noon Jefferson CC

Five Wishes Free

Five Wishes is a living will that addresses personal, emotional, and spiritual needs as well as medical wishes for you and your loved ones. These are not easy discussions or decisions, but the information will be presented in a clear/comprehensive manner. Presented by Providence Hospice of Seattle. Light refreshments provided.

Thu, Apr 20 11 a.m. - 12:30 p.m. Jefferson CC

SPECIAL EVENTS

Day of Herbs \$12.50

Master Gardener Steffany Neuschaefer takes us on a stroll through a luscious herb garden. The walk will be followed by a scrumptious herbal luncheon. Complete the day with a relaxing 5-step herbal facial to smooth and nourish your skin. Relax, refresh, revive. Transportation, lunch, and herbal facials included in fee.

Reg: May 1

Tue, May 23 10 a.m. - 2:30 p.m. Jefferson CC

Cinco de Mayo \$2/donation

We are the special guests of El Centro de la Raza for this exciting Mexican holiday! Traditional meal, music, and lotoria (Mexican/Spanish) Bingo. Transportation provided.

Fri, May 5 11 a.m. - 1 p.m. El Centro de la Raza

Senior Adult Field Trips

Trip Registration Information

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs, Attn: Angela
- SE, 8061 Densmore Ave N, Seattle, WA 98103-4436

Payment must be received 5 working days prior to departure.

Trip Registration: Phone-in only by calling 206-684-7484 at 8 a.m. on the date listed for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and one other person. You'll only be called back if you're on the wait list. All trip times, costs, and destinations are subject to change.

Pick-up Sites:

Jefferson CC..... 3801 Beacon Ave S
Pickup at time listed

Sound Steps Hikes

Free

Each hike divides into two groups: beginning walkers who can slowly walk 2 hours with breaks, and more experienced walkers. Pick-up at Jefferson CC, Rainier CC, Rainier Beach CC, and SE Seattle Senior Center. For questions, call Mari at 206-684-4664. **For each hike, bring your own lunch; dessert is provided. To register, please call Mari by the Monday before.**

Fri, Apr 28: Twin Falls in Olallie State Park 9 a.m. - 2:30 p.m.

Enjoy a beautiful hike along the Snoqualmie River. Views include the 14-foot diameter "Grandfather Tree," and the lovely Twin Falls. 3 miles round trip; 500 foot elevation gain.

Fri, May 12: Lower Tiger Mountain 9 a.m. - 2 p.m.

Enjoy the great outdoors on this gently sloping trail. Experience nature bursting with new spring life. 3 miles round trip; 100 feet elevation gain.

Fri, Jun 16: Denny Creek and Franklin Falls 9 a.m. - 2 p.m.

A short walk leads to 70-foot Franklin Falls. Nearby enjoy a portion of the historic Snoqualmie Pass Wagon Road.

Tulips In La Conner

\$8

Festive spring flowers are back in all their glorious colors. Bring money for garden tour fees which range from \$1 to \$3. Lunch and free time own your own in La Conner.

Tue, Apr 11 9 a.m. - 4:30 p.m. Reg. Mar 27

Spring Spruce-Up

\$1 Transportation

The Seattle Central Cosmetology School will be at Rainier CC to provide you with a day of pampering: manicures, facials, makeovers, and even massage therapy. \$3.50 admission. Light refreshments provided.

Tue, Apr 18 9:45 a.m. - 2:30 p.m. Reg. Apr 3

Port Orchard Tea Room

\$7

Enjoy a ferry trip to a lovely Victorian house. This tea room and restaurant offers two floors of dolls, bears, and related products and decor. \$12 lunch own your own. Ferry fees included.

Tue, Apr 25 9:30 a.m. - 4 p.m. Reg. Apr 10

Levensworth Maifest

\$29

Parade Day! Maifest will take you back in time. It encompasses history complete with 16th century costumes, dancing, eating, drinking, and shopping. Enjoy the scenery on a charter bus ride. Lunch on your own.

Sat, May 13 8:45 a.m. - 6 p.m. Reg. Apr 17

A Day of Herbs

\$12.50

Master Gardener Steffany Neuschaefer takes us on a stroll through a luscious herb garden. The herb walk will be followed by a scrumptious herbal luncheon that will melt in your mouth. Complete the day with a relaxing 5 setp herbal facial to sooth adn nourish your skin. Relax, refresh, revive. Transportation, lunch, and herb facials included in fee.

Tue, May 23 10 a.m. - 2:30 p.m. Reg. May 1

Columbia City & Farmers Market

\$2

Columbia City is home to lots of new unique shops and businesses. Tour the art gallery, farmer market, and possibly take in a movie. Get your passport stamped while visiting the shops, and you could win a free day trip. Lunch on your own.

Wed, May 31 11 a.m. - 4 p.m. Reg. May 15

Antique Roses and Flower World

\$7

If you're a rose fan, this trip is for you. Travel to a farm that has roses dating back into the 18th century! Then travel to the affordable Flower World. Lunch in Snohomish own your own.

Tue, Jun 6 9 a.m. - 4 p.m. Reg. May 22

Trip registrations begin at 8 a.m. on date listed by calling 206-684-7484

LUNCH AND DINNER CLUB

Out To Dinner

Join us the **second Thursday** each month. Register by calling 684-7484 at least one week prior to the trip. There is an automatic 17-20% gratuity on your table's tab. Meet at Jefferson CC or Peter Claver. Each trip \$3 paid in advance.

Second Thursdays 4:30 - 7 p.m.

Apr 13: Foody Goody; May 11: Red Robin; Jun 8: Catfish Corner

TGIF Meals

\$3 adv/\$3.50 at the door

Fresh cooked healthy meals the third Friday of the month. Reservations required.

Fri, Apr 21 Noon - 1 p.m. Jefferson CC

Fri, May 19 Noon - 1 p.m. Jefferson CC

Fri, Jun 16 Noon - 1 p.m. Jefferson CC

3801 Beacon Ave S

(206) 684-7481

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Rainier Beach Pool

8825 Rainier Ave S ♦ Seattle, WA 98118 ♦ 206-386-1944

April 10 – June 25, 2006

Monday & Wednesday (Pool closed May 29)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:00 – 7:00 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	7:00 – 8:30 p.m.	Lap Swim
12:30 – 1:30 p.m.	Water Aerobics	7:00 – 8:00 p.m.	Water Aerobics
4:00 – 6:00 p.m.	Youth Lessons		

Tuesday & Thursday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:00 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7:00 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7:00 p.m.	Youth Lessons		

Friday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7:00 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8:00 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7:00 – 8:00 p.m.	Water Aerobics
5:00 – 5:30 p.m.	Youth Lessons		

Saturday (Pool closed May 20)

9:00 – 10:00 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9:00 – 10:00 a.m.	Water Aerobics	12:30 – 1:00 p.m.	Adult Lessons
10:00 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

Sunday

11:00 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

Public Swim

\$3.75/\$2.75

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. **Lesson participants staying after lessons for public swim must pay fee before lesson.** Everyone gets a cool hand stamp!

MW 6 – 7 p.m. Sat 1:30 – 3:30 p.m.
Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.

Family Swim

\$2 per person

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool

together. This is a year round drop-in program. All admissions are the special discount price of \$2 per person. Children under 1 year old are free.

Sundays

1:30 – 2:30 p.m.

Teen Late Night Free Swim Free!

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in.

Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.

Age: Teens, 13 – 19 years old

Please call 206-386-1944 for specific dates.

Rainier Beach Pool

8825 Rainier Ave S Seattle, WA 98118 ♦ 206-386-1944

Spring 2006 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday	Sunday
Tots 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
Preschool 4 & 5 yrs Lvl 1–3	4 – 4:30 5 – 5:30	5 – 5:30 6 – 6:30		10 – 10:30 11:30 – Noon	Noon – 12:30
Beginner Youth 6 – 15 years Levels 1 to 3	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	5 – 5:30	10 – 10:30 10:30 – 11	11:30 – Noon
Advanced Youth 6–18 yrs Lvl 4–6	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6		11 – 11:30 11:30 – Noon (A4)	11 – 11:30
Seniors/Adults 16 years & up		7 – 7:30		12:30 – 1	
Swim Team Prep		6 – 6:45			
Youth Fitness Swimming				10 – 11	

Swim Lesson Registration Information

Spring Open Registration begins Tuesday, April 11 after 2 p.m.

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed	April 17 – May 17	April 11 after 2 p.m.	10	\$50
I Tue/Thu	April 18 – May 18	April 11 after 2 p.m.	10	\$50
I Fri	April 21 – June 16	April 11 after 2 p.m.	9	\$45
I Sat¹	April 22 – June 17	April 11 after 2 p.m.	8	\$40
I Sun	April 23 – June 18	April 11 after 2 p.m.	9	\$45
II Mon/Wed²	May 22 – June 14	May 19 after 2 p.m.	7	\$35
II Tue/Thu	May 23 – June 15	May 19 after 2 p.m.	8	\$40

¹No lessons Saturday, May 20, Pool closed for staff training

²No lessons Monday, May 29 (Memorial Day)



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more “Learn to Swim” information, please call Rainier Beach Pool at 206-386-1944 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

Jefferson Community Center Rental Information

Host Your Event Here!

Jefferson Community Center is the perfect place to celebrate any important occasion — whether it is a reunion, birthday, wedding reception, graduation, or meeting. Jefferson offers spacious Hasselberg Hall (pictured above), multiple meeting rooms, and a kitchen for all those events where food is a consideration. For more information or to reserve a room for your special day, call 206-684-7481 today.

Rental Rates

Medium Rooms ¹ (401-1,500 sq. ft.)	\$35 per hour
Hasselberg Hall ¹ (1,500 sq. ft.+)	\$45 per hour
Kitchen ¹	\$35 per hour

¹Two hour minimum

Jefferson Gym & Rental Fees

Athletic use	\$25 per hour
Non-Athletic use	\$100 per hour



Damage/Cleaning Deposit

\$15 Non-Refundable Booking Fee

\$250 Refundable Damage/Cleaning Deposit*

*Additional fees for rentals where **alcohol** is present

\$60 Nonrefundable Alcohol Fee

\$500 Refundable damage/cleaning deposit

Staff Fees

All rentals during non-operating hours (see page 3 for center hours) will require a \$17 per hour staffing fee (\$25.50 per hour on holidays). Add 1 hour (½-hour before and ½-hour after) to calculate total staff fee.

Meetings where alcohol is present or more than 50 people attend, require 2 staff members, resulting in a \$34 per hour staffing fee.

Restrictions

Sunday – Thursday rentals must end by 11 p.m.

Friday and Saturday rentals must end by 2 a.m.

Minimum two weeks advance notice and full payment required to book a rental.

Rentals with Alcohol

All events that will be **serving alcohol**, must have proof of alcohol liability insurance of \$1 million. All events **selling alcohol** must have proof of alcohol liability insurance of \$2 million. This proof of insurance is required three weeks before your scheduled event. A letter requesting the use of alcohol at the rental, along with proof of insurance must then be sent to the Parks Department Director. If you need assistance in getting the liability insurance, please contact staff at the front desk.



General Information

You Can Make a Difference!

The Jefferson Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Jefferson's Advisory Council is always looking for new members. Meetings are held at 6:30 p.m. on the third Wednesday evening of every month from September to June to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Jefferson Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-684-7481.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please see page 9 or view our facility rental brochure online (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

New Searchable Online Brochure!

Be one of the first to find out our program offerings, and search for classes by keyword! Check it out on the web at www2.seattle.gov/parks/brochure

3801 Beacon Ave S

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Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Garfield	684-4788
Garfield Teen Life Center	684-4550
Green Lake	684-0780
Hiawatha	684-7441
High Point	684-7422
Jefferson	684-7481
Langston Hughes Performing Arts Center	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Queen Anne	386-4240
Rainier Beach	386-1925
Rainier	386-1919
Ravenna-Eckstein	684-7534
Sand Point	684-4946
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

Pools

Ballard	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440
Colman (Summer only) ...	684-7494
Mounger (Summer only) .	684-4708

Environmental Learning Centers

Carkeek Park	684-0877
Camp Long	684-7434
Discovery Park	386-4236
Seward Park	684-4396

Boating

Green Lake Small Craft Center	684-4074
Green Lake Boat Rental	527-0171
Mt Baker Rowing & Sailing	386-1913
Boat Launch Permits	684-4075

Community Connections

Amy Yee Tennis Center ...	684-4764
Animal Control	386-4254
Aquarium Info	386-4320
Arboretum	543-8800

Ballfield Reservations	684-4082
Bats Northwest	256-0406
Beacon Hill Library ..	684-4711
Citywide Adult Athletics.	684-7092
Citywide Youth Athletics.	684-7091
Compliments/Complaints	684-4837
General Parks Info	684-4075
Handicapped Programs...	684-4950
Jefferson Lawn Bowling..	762-2490
Jefferson Park Golf Course	762-4513

North Central Little League	706-9268
Parking Enforcement	625-5011
Parks Information	684-4075
PAWS	743-3845
Picnic Reservations	684-4081
Police — S. Precinct	625-5011
RUG Youth Baseball	523-8377
Senior Adult Programs ...	684-4951
Special Pops Programs...	684-4950
Sunnyview Garden Club..	324-5456
Tennis Court Reservations	684-7062
Wading Pool Hotline	684-7796
Wild Bird Clinic	824-6249
Woodlawn Youth Soccer..	632-1930
Yellow Cab	622-6500
Zoo information	684-4800

Jefferson Community Center
3801 Beacon Ave S
Seattle, WA 98108-1521
206-684-7481

Postage
Required



Visit us at www.seattle.gov/parks